

MIDDLE SCHOOL ATHLETICS PRACTICE SCHEDULE

Season: Fall 2023 Coach: _____ Week of: _____

DAY	MORNING SESSION	AFTERNOON SESSION	COACH/CONTACT
Monday	6:30 AM - 7:30 AM <i>Track Field</i>	3:30 PM - 5:00 PM <i>Main Gym</i>	
Tuesday		3:30 PM - 5:30 PM <i>Auxiliary Gym</i>	
Wednesday	6:30 AM - 7:30 AM <i>Trail Loop</i>	3:30 PM - 5:00 PM <i>Main Gym</i>	
Thursday		3:30 PM - 5:30 PM <i>Auxiliary Gym</i>	
Friday	7:00 AM - 7:45 AM <i>Fitness Center</i>	3:30 PM - 4:30 PM <i>Film Room</i>	

IMPORTANT ANNOUNCEMENTS & EQUIPMENT NEEDS

* Please arrive 15 minutes prior to start time. Water bottles and proper footwear required.